

SUNFLOWER LEAGUE TRACK AND FIELD CHAMPIONSHIPS

FRIDAY, MAY 13, 2011

Shawnee Mission North District Stadium

RAINOUT PROCEDURE	IF IT APPEARS WEATHER MAY BE AN ISSUE, WE WILL INFORM ALL SCHOOLS BY NOON. IF THE MEET IS POSTPONED DUE TO RAIN, THE MEET WILL BE ON SATURDAY MAY 14 TH . THIS IS OUR ONLY BACK UP TIME DUE TO GRADUTIONS IN OUR STADIUM.	
AWARDS/RESULTS	MEDALS TO TOP FOUR PLACES IN ALL EVENTS – MEDALS AND RESULTS WILL BE AVAILABLE AFTER THE MEET.	
SCORING	TOP 8 WILL SCORE – 10-8-6-5-4-3-2-1	
PRELIMINARIES	FIRST PLACE OF HEAT WITH REMAINING TOP TIMES TO FILL LANES	
TRAINER	WILL BE ON SITE ON SOUTHWEST END OF TRACK	
ADMISSION	\$5 FOR ADULTS. \$3 FOR STUDENTS AND CHILDREN	
OPENING HEIGHTS	POLE VAULT	HIGH JUMP
	GIRLS 7'6"	4'6"
	BOYS 10'6"	5'8"
IMPLEMENT WEIGH IN	WILL BE IN THE LOCKER ROOMS SOUTHWEST OF THE TRACK. WE WILL USE THE NORTH LOCKER ROOM (ONE CLOSEST TO TRACK)	
LOCKER ROOM	LOCKER ROOMS WILL NOT BE AVAILABLE TO ATHLETES	
RESTROOM FACILITIES	RESTROOMS ARE LOCATED UNDER THE STANDS ON BOTH SIDES OF THE STADIUM	
CONCESSIONS	WILL BE AVAILABLE.	

Dismissal & Departures:

Early Field Events/Prelim Runners:

Dismiss @ 1:10 pm

Bus Departs @ 1:30 pm

Final Running Events only/Late Field Events :

Dismiss @ 2:35 pm

Bus Departs @ 3:00 pm

SUNFLOWER LEAGUE TRACK AND FIELD CHAMPIONSHIPS
HOSTED BY SHAWNEE MISSION NORTH
FRIDAY, MAY 13, 2011

PRELIMINARIES (3:00)

3:00 – GIRLS 100 HIGH HURDLES
3:15 – BOYS 110 HIGH HURDLES
3:30 – GIRLS 100
3:45 – BOYS 100
4:00 – GIRLS 200
4:15 – BOYS 200

FIELD EVENTS (3:00)

GIRLS POLE VAULT – BOYS TO FOLLOW
GIRLS JAVELIN – BOYS TO FOLLOW
BOYS LONG JUMP – TRIPLE TO FOLLOW
GIRLS TRIPLE JUMP – LONG TO FOLLOW
GIRLS HIGH JUMP – BOYS TO FOLLOW
BOYS DISCUS – GIRLS TO FOLLOW
GIRLS SHOT PUT – BOYS TO FOLLOW

FINALS – START AT 5:30

WE WILL MAKE EVERY ATTEMPT TO KEEP ON THE SCHEDULE

5:30 – GIRLS 4X800 RELAY
5:45 – BOYS 4X800 RELAY
6:00 – GIRLS 100 HURDLES
6:05 – BOYS 110 HURDLES
6:10 – GIRLS 100
6:15 – BOYS 100
6:20 – MERLIN GISH SCHOLARSHIP ANNOUNCEMENT
6:30 – GIRLS 1600
6:45 – BOYS 1600
7:00 – GIRLS 4X100 RELAY
7:05 – BOYS 4X100 RELAY
7:10 – GIRLS 400
7:20 – BOYS 400
7:35 – GIRLS 300 LOW HURDLES
7:50 – BOYS 300 INT. HURDLES
8:00 – GIRLS 800
8:10 – BOYS 800
8:20 – GIRLS MEDLEY RELAY
8:35 – BOYS MEDLEY RELAY
8:50 – GIRLS 200
8:55 – BOYS 200
9:00 – GIRLS 3200
9:15 – BOYS 3200
9:30 – GIRLS 4X400 RELAY
9:50 – BOYS 4X400 RELAY

TIME SCHEDULE WILL BE ADJUSTED IF NEEDED AFTER ENTRIES HAVE BEEN SUBMITTED. THIS TIME SCHEDULE IS ONLY A GUIDELINE. IF WE GET AHEAD WE WILL RUN AHEAD. IF WE GET BEHIND WE WILL MAKE EVERY ATTEMPT TO CATCH UP.

MEDLEY RELAY ORDER WILL BE 200-200-400-800

ONE SECTION OF 4X800 RELAY

RELAYS – 8 OR LESS TEAMS – ONE SECTION; MORE THAN 8 – TWO SECTIONS; FIRST SECTION WILL HAVE A MINIMUM OF THREE TEAMS; SECOND WILL BE REMAINING TEAMS